

13 Amazing Potato Juice Benefits For Skin And Health

Most people have never considered drinking a tall glass of [potato](#) juice, but the impressive health benefits of this unusual [vegetable](#) juice may surprise you. Made from the starchy tuber of the *Solanum tuberosum* plant, potato juice has been used all over the world for centuries. While the flavor is rather unappetizing and starchy inconsistency, it is an excellent juice to mix with other vegetable juices for a nutrient-dense [drink](#).

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Potato Juice Nutrition Facts

Potato juice offers a wealth of nutrients, including [vitamin C](#), [potassium](#), various B [vitamins](#), [calcium](#), [iron](#), [phosphorus](#), [copper](#), and sulfur, among other phytonutrients and organic compounds. Interestingly enough, most of [\[1\]](#)the nutrients in a potato are in the [skin](#), so it is important that you do not peel potatoes when making your juice at home.



Potato juice due to the presence of many nutrients has an impressive list of health benefits. Let's look at some of the benefits in detail.

Benefits Of Potato Juice

The most impressive health effects of potato juice include preventing aging, aiding [digestion](#), [healing](#) ulcers, supporting the liver, improving circulation, regulating hormone production, among others.

Prevents Aging

Research has shown that potato juice is able to moisturize the skin and deliver antioxidants to the surface of the skin, which can help reduce the

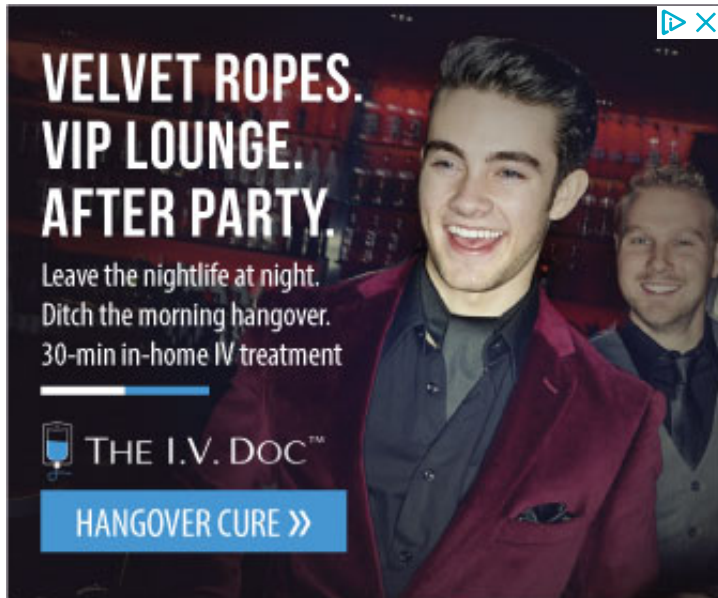
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[7 Surprising Benefits of Tamarind Juice](#)

Potato juice is an excellent energy booster [5], as the natural [sugars](#) found in this juice are easy forms of energy. Furthermore, potato juice has a high level of [thiamine](#), which can improve the body's ability to break down carbohydrates into usable energy.



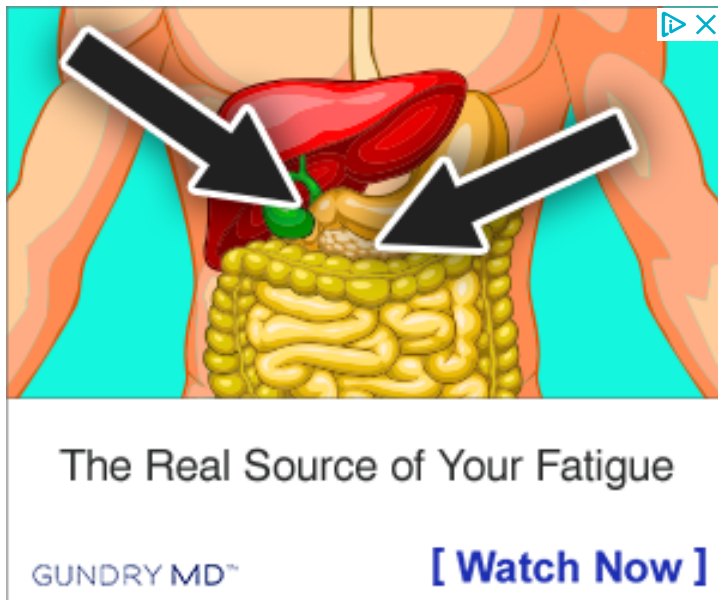
Improves Digestion

The starch content of potato juice has been linked to a number of digestive issues and can help soothe inflammation in the gut and promote digestion, eliminating [6] symptoms of [constipation](#), bloating, cramping and indigestion.



Treats Ulcers

Potato juice has well-known antacid properties and has a slightly alkaline pH. This can help balance the [acidity](#) in your gut and prevent [\[7\]](#)/treat gastric ulcers. It can form a protective layer on the mucosal lining of the stomach to relieve the pain and discomfort of this common condition as it heals.



Improves Heart Health

There is a significant amount of potassium in a single glass of potato juice, more than 50% of your daily required intake. This means that starting your day with a glass of this juice will reduce the strain on your cardiovascular system by easing tension [2] on blood vessels and arteries, thus lowering your blood pressure. This will also lower your risk of [heart](#) attack, [atherosclerosis](#), and stroke.

Boosts Immunity

Potato juice rich in vitamin C boosts immunity by stimulating the production of white blood cells. Other antioxidants and immunostimulant [minerals](#) also protect [3] against chronic disease and lower oxidative [stress](#).

Speeds up Wound Healing

Potato juice is rich in vitamin C that helps stimulate the production of collagen and in turn speed up the healing [8] of wounds and sore muscles.

Improves Circulation

[Niacin](#) is another member of the B family that is found in high levels [9] in potato juice. This vitamin can stimulate circulation, which will improve oxygenation in different parts of the body, along with the delivery of necessary nutrients for repair and normal function.

Ways To Lose Belly Fat



How To Lose Belly Fat In 1 Week



How To Lower Blood Pressure



How To Boost The Immune



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Arthritis In Fingers



Improves Hormone Production

Regular consumption of potato juice may help in improving [10] levels of important [sex](#) and stress hormones.

Detoxifies Liver & Gallbladder

The active ingredients in potatoes can help flush out the liver and gallbladder, two of the major detoxifying centers [\[11\]](#) in the body. This, in turn, helps improve the overall health of the body.

How To Make Potato Juice

Potato juice requires a bit more effort than most vegetable and fruit juices but the juice is definitely worth the squeeze. Again, your immediate urge will be to peel the potatoes, but avoid this, as you will get many more nutrients if you leave it on. In the case of potatoes, you will want to scrub them particularly well, and be sure to cut out any [bruises](#) or deep notches of dirt, as well as “eyes”.

Recipe

Ingredients:

2 large potatoes

2 cups of water

Other vegetables (e.g., [celery](#), [cabbage](#) or [spinach](#), if desired)

- **Step 1:** Ensure that potatoes are thoroughly scrubbed and clear of eyes and bruising.
- **Step 2:** Chop the potato into smaller chunks, leaving the skin on.
- **Step 3:** Add potato and water to the processor and process for 2-3

minutes.

- **Step 4:** Strain the blended material through a sieve or cheesecloth to remove the juice.
- **Step 5:** Press the potato pulp or squeeze the cheesecloth to extract as much juice as possible.
- **Step 6:** Refrigerate the potato juice for 2-3 hours.
- **Step 7:** Stir well before serving chilled, and enjoy.

Note: Most people blend other vegetables into their potato juice, as the taste is rather bland. [Spices](#) can also be added, such as [ginger](#) or [turmeric](#), to increase the potency of the juice.

Potato Juice For Skin

Using this juice for skin health is very popular as it can clear up a huge variety of skin conditions, including [dry skin](#), wrinkles, age spots, inflammation, and wounds. Potato juice helps retain moisture in the skin and clear up flaking, dry skin rapidly.

Potato juice can even soothe conditions like [psoriasis](#), [eczema](#), [rosacea](#), and acne, and prevent and protect skin against infections, thanks to its rich supply of nutrients and vitamins.

Potato Juice For Hair

Using potato juice improves the hair health and prevents dandruff, inflammation, and dryness on the scalp. By massaging potato juice onto the hair from root to tip, you also improve the luster and strength of the strands, preventing split ends and boosting [\[13\]](#) the shine. After applying it to the hair, allow it to sit for 10-20 minutes before washing it out with warm water.

Potato Juice For Cancer

Potato juice has been used for many years to prevent or treat [cancer](#) but it has only been in recent times that modern medicine has caught up with traditional belief. From Buddhist monks to numerous members of the Japanese scientific community, the proof that potato juice can inhibit [\[12\]](#) tumor formation is growing. Some of the active ingredients from potato juice can be isolated in high [concentrations](#) and used to reduce the size of tumors. While research is still ongoing as to the efficacy and applicability of potato juice for cancer, the early results are extremely promising.

Side Effects Of Potato Juice

Despite all of these impressive health benefits, potato juice can have some negative side effects, including gastrointestinal distress or elevated blood sugar levels. However, these side effects are generally experienced

by people who prepare the potato juice incorrectly or drink it in excess. Generally, there are no negative side effects to drinking this vegetable juice.

EDITOR'S PICK



[7 Surprising Benefits of Tamarind Juice](#)



[Onion Juice for Hair: Benefits & How to Make](#)

Diabetes: Potato juice does have a high level of natural sugars, which can be dangerous for anyone with blood sugar issues, such as [diabetics](#). Intake should be moderate in every case but diabetic patients should be especially careful about the glucose-raising qualities of this juice.

Stomach Issues: Preparing this juice with the right potatoes is key, which means that there should be no eyes or pits in the potatoes you blend. There are certain toxins in fresh green shoots of potatoes that can cause [diarrhea](#), stomach upset and nausea, so only clean and fresh potatoes should be used to make this juice.

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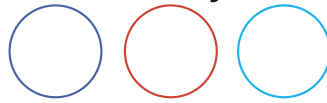


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